

## ABSTRACT

An improved press arm allows an operator to perform either a traditional straight chest press exercise or to incorporate "butterfly" motion during the performance of the chest press exercise. A main arm is pivotally coupled to the frame of the exercise machine at a main pivot in the same manner as conventional press arms. The main arm includes a cross-beam to which a pair of handle arms are pivotally coupled at secondary pivots. The axes of the secondary pivots are orthogonal to the axis of the main pivot and are inclined with respect to vertical when the press arm is in a rest position. This inclination causes the handle arms to assume a natural rest position under the influence of gravity. The rest positions of the handle arms place the press arm handles at a comfortable starting position for performance of a press exercise. Stops to limit the inward or outward travel of the handle arms are not necessary. A source of exercise resistance resists both forward motion of the press arm assembly and inward motion of the handle arms.